

- 1. Using one of the articles provided in this week's course announcement, identify the nursing theory used to frame the nursing research.**
- 2. Analyze the selected nursing theory used to guide the research article you selected for the assignment and describe how the nursing theory that was used applies to nursing's metaparadigm, including each of the following:**
  - Person**
  - Health**
  - Environment**
  - Nursing**
- 3. Support your summary using one quotation, cited in the APA format for a quote as outlined in the academic integrity presentation in lesson 1.**
- 4. Support your summary using one summary or synthesis statement, cited in the APA format for a summary/synthesis as outlined in the academic integrity presentation in lesson 1.**

The article "Effect of Support Group Intervention Applied to the Caregivers of Individuals with Heart Failure on Caregiver Outcomes is evaluated to identify the application of a nursing theory to guide the nursing research. Heart failure is an illness that encapsulates many variables affecting the patient's quality of life. This disease does not affect only the patients but also the families and caregivers as the disease progresses. Heart failure also causes the person to struggle with activities of daily living due to their inability to manage or deal with the disease progression effectively, which in turn burdens the patients and caregivers (Barutcu & Mert, 2016). In reviewing this article, the nursing theory used to guide its research is the Neuman System Model. The Neuman Systems Model shows the complex relationship between the client and their environment and the combination of multiple interrelated parts (Montano, 2020). Also, Barutcu & Mert claim that the Neuman Systems Model provides a system-based approach in addition to a conceptual structure looking at the person as a multidimensional structure (2016).

Furthermore, the Neuman Systems model comprises four concepts outlined and organized using the nursing's metaparadigm. Person, health, environment, and nursing are all essential parts of the model (Montano, 2020). Akhlaghi et al. claim that the patient or client's line of defense represents how the person views their wellbeing and how these defenses relate to stressors and prevention (2020). The environment, as represented by Neuman's Systems model, includes internal and external factors around the client or individual suffering from heart failure.